## Events & Activities at The Stilley House

The Stilley House Senior Living offers a wide variety of social, cultural, and recreational events throughout the week for our residents. Sample events include weekly movies, a variety of exercise activities, prayer services and Bible studies, board games and card games, community discussions, outside excursions and more. Opportunities abound for socializing and physical activity, so residents are sure to feel like a part of an active, vibrant community.



## Sample Event Calendar

| Sunday                                       | Monday                                  | Tuesday                                 | Wednesday                                      | Thursday                            | Friday                                    | Saturday                                      |
|--|---|---|--|-------------------------------------|---|---|
| 9:30am<br>Prayer Service<br>11:00am          | 9:00am<br>Morning Walk<br>11:00am       | 9:00am<br>Morning Walk<br>10:30am       | 9:00am<br>Baking Class<br>11:00am              | 9:00am<br>Morning Walk<br>10:45am   | 10:30AM<br>Senior Yoga<br>1:30AM          | 11:00AM<br>Sittercise<br>1:00PM               |
| Resident Fitness Walk                        | Exercise Class                          | Exercise Class                          | Sittercise                                     | Senior Yoga                         | Current Events Discussion                 | Scrabble                                      |
| <b>1:00</b> PM<br>Dominoes                   | <b>12:00</b> рм<br>Weekly Shopping Trip | 1:00 <sub>PM</sub><br>Dominoes          | <b>2:00</b> рм<br>Prayer Service               | 1:30pm<br>BINGO                     | <b>3:30</b> рм<br>Weekly Reader           | 2:00pm<br>Saturday Cinema:<br>Mona Lisa Smile |
| <b>2:30</b> PM<br>Sunday Cinema:<br>Iron Man | 1:30pm<br>BINGO                         | 3:00 <sub>PM</sub> Making Baby Blankets | 2:30 <sub>PM</sub> Group Site-seeing Excursion | <b>3:00</b> рм<br>Art Expression    | <b>4:00</b> рм<br>Knitting Circle         | Time: 119 min<br>Rated: PG-13                 |
| Time: 126 min<br>Rated: PG-13                | 3:30 <sub>PM</sub><br>Computer Lessons  | <b>6:00</b> PM<br>Scrabble              | <b>3:00<sub>PM</sub></b><br>Bridge             | <b>6:30</b> PM<br>Book Club meeting | <b>6:00</b> рм<br>Outside Restaurant Trip | 3:30pm<br>BINGO                               |
|  | <b>6:30</b> рм<br>Monday Bible Study    |   | <b>6:30рм</b><br>Midweek Bible Study           |                                     |   |   |
|  |   |   |  |                                     |   |   |